

**Dr. Tomi Lee Wall**  
**Pre & Post PiQo4 Laser Instructions**

**BEFORE YOUR PIQO4 TREATMENT:**

- Avoid taking anything which may cause bruising such as: Aspirin, ibuprofen, vitamin E, ginkgo, garlic, fish oil, or omega supplements approximately 1 week prior to your appointment. Tylenol is fine.
- **Notify your doctor if:**
  - If you have had a history of using gold salts for treatment of Rheumatoid Arthritis
  - You are pregnant/breast feeding.
  - You have a history of vitiligo, keloids, psoriasis.
  - You have a history of cold sores in the area of the skin where you would like treatment.
- No sun exposure, tanning beds and sunless tanning cream for 4 weeks prior to treatment. Sun exposure decreases the effectiveness of the laser treatment and can increase the chance of posttreatment complications.
  - Use a broad spectrum UVA/UVB sunscreen with an SPF of 30 or higher.
  - Apply to the treated area every 2 hours when exposed to the sun
- Remove all makeup, creams or oils prior to treatment.
- If there is hair over the area where we are treating, please shave 24 hours prior to treatment.

**AFTER YOUR PIQO4 TREATMENT:**

- Immediately after treatment, there may be “frosting” on the area that is treated. Redness and swelling is typical. Pinpoint bleeding may also occur.
- A cool compress may be applied and Tylenol is recommended for discomfort. You may continue to use both throughout the day as needed.
- The treated area should be cared for delicately until healing is complete and care should be taken to avoid trauma to the area for the first 7 days after treatment.
- Cleanse treated area daily with water and mild soap, allowing water or shower to run over the wound, and then pat the area dry.
- Do NOT pick, peel, rub, scrub, or scratch at the skin in the treatment area throughout the healing process. If crusting occurs, do not shave or pick area.
- Apply Aquaphor or vaseline ointment to the area 2-3 times a day and keep moist. Keep covered with a nonstick pad such as Telfa.
- Although blisters and scabs can be a normal response to tattoo removal, most patients will not experience them. In the case that you do, it is important to not pop or pick at

them. If the blister pops on its own, keep the skin over it covered with a healing ointment and gauze to promote healing and prevent scarring.

- No swimming or using hot tubs/whirlpools until the area heals.
- No makeup over the area treated until the area heals.
- Avoid sun exposure. Keep area covered with bandage if outdoors.
- Avoid contact sports or any other activity that could cause injury of the treated area.
- Avoid swimming, soaking or using hot tubs/whirlpools until the skin heals.

**WHAT TO EXPECT:**

- Contact your doctor if there is any indication of infection (redness, tenderness or pus).
- For tattoo treatment: It is recommended to treat the area every 2-3 months. Please speak to your doctor about the interval and number of treatments.
- For resurfacing, pigment, or melasma: It is recommended to treat the area every 2-4 weeks. Please speak to your doctor about the interval and number of treatments.

Rev 1/21